

You can take ACTION

- STOP drinking alcohol now if you are pregnant or nursing.
- STOP drinking alcohol now if you are planning to become pregnant.
- If you know someone who is pregnant and drinking alcohol, encourage her to STOP.

You can find HELP and SUPPORT

There are many who can help:

- Friends
- Family
- Community Health Centres, Nurses, Health Representatives and Wellness Workers
- Safe homes and shelters
- Native Alcohol and Drug Workers
- Teachers
- Elders
- Spiritual or religious centres
- Family physicians
- Midwives

*"Like a stone tossed into a pond,
our actions ripple into the world,
touching others in our families
and communities."*

Aboriginal Nurses Association of Canada

You can take CHARGE

You can build a better future for yourself, your child, your family, and your community.

Pregnant? No Alcohol!

**For more information on FAS/FAE:**

visit our Web site at

www.healthcanada.ca/fas

For more information on the Government of Canada's FAS/FAE strategy call

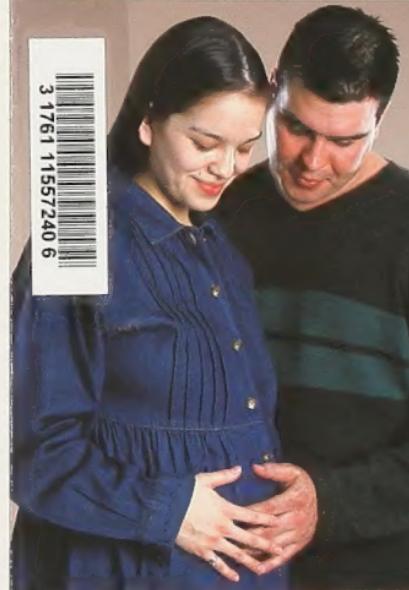
1 800 O-Canada (1 800 622-6232)

TTY/TDD: 1 800 465-7735

CA1
HW
- Z399

STOP Fetal Alcohol Syndrome/ Fetal Alcohol Effects (FAS/FAE) NOW!

Alcohol and Pregnancy Don't Mix



**Healthy Parents
Healthy Babies**



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Canada

WHAT IS Fetal Alcohol Syndrome/ Fetal Alcohol Effects (FAS/FAE)?

Fetal Alcohol Syndrome (FAS) is a term used to describe birth defects caused by the drinking of alcohol during pregnancy and nursing. Alcohol causes the greatest damage to the baby's brain.

Fetal Alcohol Effects (FAE) is a term used to describe the presence of some, but not all, FAS characteristics.

CHARACTERISTICS of FAS/FAE

- FAS/FAE can cause permanent brain damage.
- FAS/FAE can cause heart and other organ defects.
- FAS/FAE can deform a baby's face for life.
- Children with FAS/FAE can have trouble learning and controlling their temper.
- FAS/FAE babies weigh less and grow slower than healthy babies.
- An individual with FAS/FAE can have drug and alcohol problems, have difficulty keeping jobs, and get in frequent trouble with the law.

Damage to an unborn baby can begin AS EARLY AS 8 weeks of pregnancy.



CONCERNS about FAS/FAE

Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) are the leading known causes of preventable birth defects among Canadian children.

- The estimated FAS rate in Canada is 1 to 3 for every 1,000 live births.
- The estimated FAE rate in Canada is 30 for every 1000 live births.

The rates of FAS/FAE in some First Nations and Inuit communities are much higher than the national average. FAS/FAE are serious concerns for First Nations and Inuit.

"We owe our future to our unborn."

Marion Mussell
CPNP FAS/E
National Steering Committee



There is no safe TIME during pregnancy to drink alcohol.

What you need to KNOW about FAS/FAE

- When a pregnant woman drinks alcohol, her unborn baby drinks alcohol too.
- FAS/FAE causes permanent mental and physical damage to the baby.
- Babies born with FAS/FAE do not get better.
- There is no safe TIME during pregnancy to drink alcohol.
- No AMOUNT of alcohol is safe during pregnancy.
- Symptoms may not show up until a child is 3 or 4 years old.
- You can prevent FAS/FAE by not drinking alcohol when pregnant or nursing.

No AMOUNT of alcohol is safe during pregnancy.

"Think Twice!"

Lila Moody-Ogilvie



Lila Moody-Ogilvie
Squamish First Nation
at 14 months.
Born and living
with FAS, she is
now 17 years old.